



July 2014

The Park Bench

Seniors in the Park Newsletter



PARK AND RECREATION MONTH—GET OUTDOORS!

This year's theme, "OUT is IN," encourages individuals, families, and friends to do something outside everyday that they would normally do inside. From picnicking in the park instead of sitting inside at a table to sending an email or even holding a meeting outside, there are small ways you can make going OUT part of your daily routine. Whitewater Parks and Recreation offers ample opportunities to go OUTside, get INspired, change your OUTlook and get INVolved.

A Walk in the Park...

Can calm and restore you. Most of us know this intuitively and now science is proving it. Research is showing that walking in nature and spending time under leafy shade trees causes electrochemical changes in the brain. When measuring brain wave activity they found relaxed states, lower frustration, and a higher meditative state when moving into green space and just the reverse when moving out of it. It seems the experience of being in nature is transformative, and can cause a person's emotional state to be uplifted and mental balance to be restored. Being in nature is truly refreshing in a very deep, meaningful way. So take a hike, visit a park, walk in the woods or sit by a stream and watch the water tumble over the rocks.

Welcoming Seniors, Boomers and Adults of all ages to our programs and trips.

Volume XIV Issue 7

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Seniors in the Park Promotes & Enhances a Vital Aging Community

Classes and Activities

WATERCOLOR BACK TO BASICS

This two week watercolor session with Karolyn Alexander Tscharnack will be a review of basic watercolor techniques with a focus on finishing paintings. Demonstrations will include the elements of design: color, shape, line, value, form, texture, etc. Please bring unfinished paintings to work on.

Beginning, intermediate and advanced concepts will be covered. Each session will include a demonstration on a technique or concept and plenty of time for individual painting with optional one-on-one coaching. Attendees are always encouraged to paint from personal references, sketches, photos or ideas.

Instructor: Karolyn Alexander

Tscharnack, www.karolyn.biz

Dates/Times: Thursdays, July 10 & 17; 1:00 – 4:00 pm

Cost: \$20 payable to the instructor by cash or check.

Deadline: **Monday, July 7**

Minimum: 6 people.

AARP SMART DRIVER SAFETY CLASS

Wednesday August 20, 12:30-4:30

The AARP Smart Driver Safety Program

is a classroom course that helps older drivers become more aware of changes that occur due to aging (vision, hearing, and reaction time) and how to adjust driving accordingly. The Smart Driver Safety course also reviews some basic rules of the road. It is open to the public and there are no tests. The cost of the course is \$15.00 for AARP members and \$20.00 for non-members. Make checks out to AARP.

If you would like to find out more about AARP Driver Safety Program including class locations, information regarding the on-line course, or other volunteer opportunities-visit www.aarp.org/drive or call 1-888-227-7669.

Register by August 11



FACEBOOK “TIMELINE” INTRO

Wednesday, July 23 1:30—3:00

Stay connected with kids and friends! Learn how Timeline works, how to find friends and keep information private. An active, internet-based email account (i.e. Hotmail, Gmail, Yahoo, AOL, etc) and basic knowledge of computers is required. You need to know your password for your email. Please bring your laptop or tablet.

Register by July 17



FACEBOOK INTERMEDIATE

Wednesday July 23 3:15-4:15

Are you on Facebook but still have questions about features and security? Did you take our intro class but still want to perfect some skills. Join us! Please bring your laptop or tablet.

Register by July 17

PINTEREST

August 13, 1:30 pm

Pinterest is a visual discovery tool that people use to collect ideas for their different projects and interests. People create and share collections (called “boards”) of visual bookmarks (called “Pins”) that they use to do things like plan trips and projects, organize events or save articles and recipes. There is also a “like” feature to save certain pins that may not fit with a board. Please bring your laptop or tablet.

Register by August 7



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MOVIES:

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"Frozen"

Tuesday, July 8, 12:30 pm

Rated PG, 1 hr 42 min.

In this Walt Disney animated screen comedy, fearless optimist Anna sets off on an epic journey—teaming up with rugged mountain man, Kristoff and his loyal reindeer, Sven—to find her sister, Elsa whose icy powers have trapped the kingdom of Arendelle in eternal winter. Encountering Everest-like conditions, mystical trolls and a hilarious snowman named Olaf, Anna and Kristoff battle the elements in a race to save the kingdom. Feel free to bring grandchildren to the movie.

"Kon-Tiki"

Wednesday, July 16, 12:30 pm

Not Rated, 1 hr. 58 min.

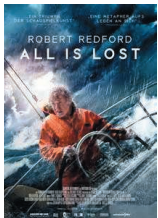
A Norwegian historical drama film about the 1947 Kon-Tiki expedition. The film was mainly shot on the island of Malta. It was nominated for the Academy Award for Best Foreign Language Film and for a Golden Globe Award for Best Foreign Language Film.



"All Is Lost"

Tuesday, July 22 12:30 pm

Rated PG-13, 1 hr. 46 min.



Robert Redford stars in an open-water thriller about one man's battle for survival against the elements. Using a sextant and nautical maps to chart his progress, a lone sailor is forced to rely on his survival skills and ingenuity when his sailboat is damaged at sea. But with the sun unrelenting, sharks circling, and supplies dwindling, the ever-resourceful man soon finds himself staring mortality in the face.

"Grand Budapest Hotel"

Tuesday, July 29 12:30 pm

Rated R, 1 hr. 40 min.

The adventures of Gustave H, a legendary concierge at a famous European hotel between the wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend. The story involves the theft and recovery of a priceless Renaissance painting and the battle for an enormous family fortune -- all against the back-drop of a suddenly and dramatically changing continent.



COMPUTER TUTOR

Bring your own laptop or tablet, and get tutoring on Internet, E-mail, Word, Excel, Pictures, or general topics. Please tell us what you want assistance with, when registering for your session.

Instructor: Lyle Hunter

Dates: July 1, 8, 10, 15, 17, 21, 24, 28, or 29

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

Register at least 3 days in advance

BOOK WORMS

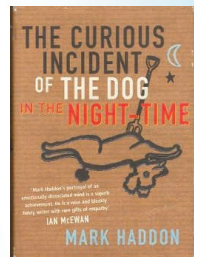
Monday, July 7, 10:30 am

The Book Club will discuss *Mrs. Kennedy and Me* by Clint Hill. The book for August is *The Curious Incident of the Dog in Night-time* by Mark Haddon.

Christopher John Francis Boone, a 15-year-old, knows all the countries of the world and their capitals and every prime number up to 7,057. He relates well

to animals, but has no understanding of human emotions. He cannot stand to be touched. And he detests the color yellow.

This improbable story of Christopher's quest, replicating the methods of his literary idol, Sherlock Holmes, to investigate the suspicious death of a neighbor's dog with a garden tool, makes for one of the most captivating, unusual, and widely heralded novels in recent years.



Checks for activities, classes and trips are made out to: City of Whitewater unless indicated otherwise.

TAKE YOUR BRAIN FOR A WALK

An outdoor walk to stimulate your visual senses and cognitive skills. The pace will be set to allow participants to walk safely while performing the activities. The walk will last approximately 45 minutes, including a cool down and stretch. Poles are recommended but not necessary.

Session 4: Wed. July 9, 10:00 am
Class #: 5304.24
Deadline: Wed. July 2
Fee: \$2.00
Min/Max: 4/15

Session 5: Wed. July 23, 10 am
Class #: 5304.25
Deadline: Wed. July 16
Fee: \$2.00
Min/Max: 6/15

POLE WALKING INSTRUCTION

Turn your walk into a total body workout by using poles. Increase your cardio workout by 20% and calorie burn by up to 48% more! Lessen the impact on joints, naturally align your spine, and work your core. Thirty minutes of pole walking equals 50 minutes of regular walking. It's perfect for any age!

Session 4: Wed. July 9, 9:00 am
Class #: 5301.24
Deadline: Wed. July 2
Fee: \$8.00 Residents;
\$10.00 Non-Residents
Min/Max: 3/8 People

Session 5: Wed. July 30, 10 am
Class #: 5301.25
Deadline: Wed. July 23
Fee: \$8.00 Residents;
\$10.00 Non-Residents

HONDA WING-DING

Thursday July 3

Meet riders from all over North America. Exhibitors bring the latest and greatest to showcase their rides. Everything from chrome to sunglasses, gear to trailers, polishing cloths to lights, attendees are sure to find what they are looking for! Just under 200 exhibitors showcase their product at the event, including manufacturer demo rides and full-service installation. The GWRRA Wing Ding is July 2—5 in Madison. There are many fun events throughout the four-day event. One day passes (\$22) can be purchased onsite, but some events have limited tickets and must be purchased in advance. Go to Wing-Ding.org. Riders must arrive prior to departure to show proof of insurance (card you should be carrying) and fill out a participation form, if this is your first ride with us. Helmets are recommended. The leader for the trip is Bruce Parker, and the group will depart Starin Park at 9:30 am.

NEW TIME

HARLEY DAVIDSON & MILLER BREWERY

Monday, July 14

Harley-Davidson Motor Company's 849,000 square-foot Pilgrim Road Powertrain Operations facility in Menomonee Falls, Wisconsin, is home of the "Big Twin." Employees produce engines and transmissions for the final assembly plants for Touring, Softail,[®] Dyna[®] and Sportster[®] model families. The Standard Factory Tour offers a view of the assembly line and designated machining areas. Must wear enclosed shoes with heel 1" or lower. After lunch we will tour the MillerCoors Brewery. Both tours are free. The leader for the trip is Bruce Parker and the group will depart Starin Park at 9:00 am

NEW TIME

****Advance registration is needed for this trip by June 24 at noon.**



UPCOMING MOTORCYCLE RIDES

We will be offering rides out of Starin Park through October. Meet new people and enjoy a day of sunshine with the wind in your face. Call for more information or to be added to the email list. Other trips may crop up or if you have any ideas, let us know. Rest stops will be approximately every 1 1/2 hours.

Aug 20: Harley Museum/Sprecher Brewery, Milwaukee
Sept 15-16: Galena & Savannah IL (overnight)
Sept 27: Holy Hill, Fox & Hounds and Chocolate by Joel

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www.fairhaven.org

AMISH MARKESAN

Friday, September 12

Tour the Amish area with a local guide, including stops at a bakery, cheese store, and grocery store, where you may make purchases. An authentic causal lunch, including dessert, will be served by an Amish family in their home in the Kingston area. This all-you-can-eat meal is similar to an Amish wedding meal. You may visit with the family and learn some of their ways. We will then tour an Amish woodshed and Amish school. Call Fort Atkinson Senior Center for more information. You can bring a cooler for you purchases.

Fee: \$95.00 (make check payable to Badger Tour & Travel)

RSVP and payment deadline: July 31

Depart: Fort Atkinson K-Mart 7:30 am; Approx. return: 5:45 pm

(Note: Trip departs from Fort Atkinson only)



THE GREAT CHICAGO FIRE & A CITY REBORN

October 9, 2014

Chicago was a growing and prosperous city, and then came the devastating fire. Hear the story of the fire, the path it took, what was destroyed, what was saved, and what was created. Visit the Chicago Fire Academy, the actual site of the O'Leary barn. Learn about the rigorous training candidates experience in one of the busiest fire departments in the country. At the Chicago History Museum, see a fascinating film on the Fire and its aftermath. Discover the museum's extraordinary collection and a dramatic recreation of the fires' path, then on to the city's rebirth and creation of the modern cityscape. Enjoy a special lunch in the museum café. Visit a survivor of the fire, the Holy Family Church. Although the fire started less than a mile away, it did not destroy the church or the parishioners' homes. Last you will explore the contributions of such outstanding architects as Daniel Burnham and John Root, who designed the magnificent Landmark Rookery Building in 1884.

Fee: \$81.00 Deadline: August 29

Depart: Fort K-Mart-7:00 am, Starin Park 7:30 am

Return (approx): Starin Park 6:30, Fort K-Mart 7:00 pm



CONCERT IN THE PARK

July 31, 7:00 pm

Senior in the Park is sponsoring this concert featuring Funky Blue Reaction. This is a local band described as a "Band of Misfits" that plays Rockin' Music from the 50's, 60's, and 70's. They're classier than Classic Rock! If you are interested in combining dinner with your park experience, the Black Sheep offers multiple dinner basket options to bring to the park. Call 262-458-4751 or check out the website: www.eatatblacksheep.com. We'll also have some cool treats for you. The event is held in the Lakefront Center in case of inclement weather.



**All Seniors in the Park activities are held at the
Starin Park Community Building, 504 W. Starin Rd, unless stated otherwise.**

Trips are open to adults of ALL AGES. For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to dweberpal@whitewater-wi.gov, go to the city website at www.whitewater-wi.gov, (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.

JEWELS OF MOROCCO

March 20-30, 2015 (Spring Break 2015)

In Marrakesh, step back in time as you wander through the Jemaa-el-Fna, an exotic bazaar offering some of the greatest open-air entertainment. Listen to storytellers (an integral part of the culture) and browse for handicrafts. In Fez, take an optional tour to see the ancient medina. Founded in the 9th century, it is one of the largest medieval cities in the world. Stroll through its souks and alleys, which are virtually unchanged since the Middle Ages. Taste authentic Moroccan cuisine and take in the sights and sounds of this fascinating city. Also visit Casablanca, Meknes, Ouarzazate, Ifrane, Erfoud, and Rabat, Morocco's vibrant capital. Admire changing scenery on the Road of a Thousand Casbahs, as the Middle Atlas Mountain range transforms to desert approaching the Erfoud oasis—a once-in-a-lifetime vacation.

Per person price based on double occupancy: \$2,700.00 For single and triple rates, please contact Deb Weberpal. Price includes: Air from ORD, land tour, sightseeing, hotels and meals as specified in the itinerary, and the services of a professional tour director. (Air is estimated and is subject to change). Travel Protection Plus is available for an additional \$169.00 per person. Deposit Due: \$719 per person. Please make checks payable to Cosmos.

TRIP PREVIEW

Wed., July 30

1:00 pm

RSVP by July 23

FLAVORS OF THE SOUTH

March 15-22, 2015

Enjoy the beautiful south, including **New Orleans, Memphis, and the Louisiana Creole Nature Trail**. Highlights of the tour include two nights in New Orleans, dinner in the French Quarter, National WWII Museum, the New Orleans School of Cooking with dinner, and two nights in beautiful Lake Charles on the Creole Nature Trail. Visit the Mardi Gras Museum, decorate a King Cake, and see the Diamond Dancers; savor the regional cuisine at LeBleu's Landing; be fascinated with a guided tour on the Creole Nature Trail through Louisiana's coastal wetlands. Visit the Duck Commander Warehouse and Store for TV's Duck Dynasty. Enjoy a musical tour of Memphis, where you spend 2 nights. Visit Graceland, tour the Gibson Guitar Factory, and enjoy dinner and entertainment at the famous Alfred's on Beale. Cost of the trip is \$1339 per person double, add \$519 for a single room. Deposit \$150. Cancellation insurance is available for \$60. This is a Mayflower Value Tour, and includes home pick up in Walworth Co. or Starin Park.

TRIP PREVIEW

Tuesday, July 15

1:00 pm

RSVP by July 8

**\$50 savings for
booking at preview**

CAPE COD & THE ISLANDS

September 6-12, 2015

Enjoy Cape Cod and the Islands with a one hotel stay at the Doubletree Hotel Hyannis. Highlights of the trip include: Hyannisport, Kennedy Memorial & St. Francis Church, Plimoth Plantation, the Mayflower II, Plymouth Rock, the charming village of Sandwich, Heritage Plantation, and a Nantucket Island Tour. The Boston City Tour includes: Boston Commons, Old State House, Old North Church, Old South Meeting House, Beacon Hill, Old Ironsides, Faneuil Hall and Quincy Market. The Martha's Vineyard tour includes: a scenic ferry ride, Victorian cottages of Oak Bluff, Edgartown, Aquinnah Lighthouse and Gay Head. In Newport, RI visit: Touro Synagogue, the International Tennis Hall of Fame, the estates along Bellevue Avenue, a guided tour of the Breakers Mansion, follow the "Ten Mile Drive" and explore Newport's galleries and quaint shops. Enjoy a traditional New England Lobster Dinner. \$1945 per person double; \$600 single supplement. A deposit of \$300 is due with your reservation. Optional Cancellation Waiver fee is \$195 per person.



LUNCH BUNCH

Thursday, July 10, 10:30 am

Lunch will be at Spinnaker's on the lake in Oconomowoc.

Fee: \$5.00.

RSVP by Tuesday, July 8

JANESVILLE SHOPPING

Wed., July 2, 9:00 am

Get picked up at your home and shop in Janesville. Participants decide where to shop. Bring a new friend and your ride is free.

Pickups begin at 9:00 am.

Fee: \$5.00

RSVP by Monday, June 30.

WISCONSIN STATE FAIR

Monday, August 4

Save the date! Cream puffs and cows, shows and surprises, all at the Wisconsin State Fair. Gate fee is on your own. It's \$5 today sponsored by Kohl's Cares.

(That's cheaper than I can get.)

Fee: \$11.00 includes transportation, driver and parking fees.

Deadline is July 23

FIRESIDE 2014

2014 ticket price: \$63.00 (taxes, tip, and ticket fees all included!).

Saves up to 23% off individual tickets. We must have at least 18 people for the trip to go. Invite your friends!

Payable to: The Fort Atkinson Sr. Ctr.

Transportation is on your own.

Arrive at 10:30 am. Lunch is at 11:15, and Show at 1:30.

Thurs. Sept. 5-Les Miserables

Deadline: August 21

MINING WISCONSIN

Wednesday, August 27

Start the day at the Rollo Jamison Mine and Museum in Platteville. The museums includes an underground tour of the 1845 Bevans Lead Mine, a ride in a 1931 mine train above ground, and exhibits on Platteville, area history and especially the history of lead and zinc mining in the Upper Mississippi Valley. (Mine tour has 90 steps. Remember you have to come back up, too!). Lunch will be at Cold Fusion. On to the Badger Mine and Museum in Shullsburg, where exhibits demonstrate the lead mining and cheese making industries. The Mine tour has 51 steps into a hand dug 19th century mine. We'll also stop for some cheese shopping. Bring a jacket as it's chilly underground.

Fee: \$29.00 Deadline: August 6

Depart Starin Park at 7:30 am; Return approx 6:30 pm



MADISON MALLARDS BASEBALL

Wednesday July 30

Enjoy an evening of exciting Madison Mallards baseball at the Duck Pond. Your ticket includes a free hat. The Madison Mallards is a Midwest summer league of college talent.

Fee: \$24.00

Deadline: Wednesday, July 9

Depart: Starin Park 4:30 pm



BELOIT SNAPPERS

Thursday, August 21

Enjoy an evening of exciting Beloit Snappers baseball. The Snappers are an Oakland A's minor league ball team.

Fee: \$16.00

Deadline: Wednesday, July 30 Depart: Starin Park 5:30 pm

DISCOVER WISCONSIN

Thursday, July 24

Visit Mount Horeb and the History Museum, the Cave of the Mounds, have lunch, on your own, at Aunt Mary's Hooterville Inn, enjoy a tour and tasting at Botham Winery and tour Nick Engelbert's Grandview. Bring a sweater or jacket. It's chilly underground! There will be walking on uneven ground, and the cave tour has stairs and tour is about 2/3 of a mile in length. No walkers allowed. **Waiting list only**

Fee: \$37.00 Deadline: June 24

Depart Starin Park at 8:00 am; Return approx 6:00 pm

Activity Calendar


9

July 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted.</p> <p>(A)=Downtown Armory (L)=Cravath Lakefront (OR)=Oak Ridge Golf Course</p>	<p>1</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Culver's Bingo 10:30 Farmer Mkt dist. 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead</p>	<p>2</p> <p>9:00 Natureland Walk 9:30 Janesville Shop 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess</p>	<p>3</p> <p>9:30 FUNctional Fit 9:30 Cycle trip to Madison departs 1:00 Scrabble</p>	<p>4</p> 
<p>7</p> <p>8:30 Golf (OR) 9:30 FUNctional Fit 10:30 Book Club 12:00 Senior Forum 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Canasta</p>	<p>8</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "Frozen" 1:00 Sheepshead</p>	<p>9</p> <p>9:00 Pole Walking 10:00 Indoor Walking 10:00 Take Your Brain for a Walk 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess</p>	<p>10</p> <p>9:30 Computer Tutor 9:30 FUNctional Fit 10:30 Lunch Bunch 1:00 Watercolor 7:00 Concert in the Park—The Dang-lts (L)</p>	<p>11</p> <p>12:30 Pickleball (A)</p>
<p>14</p> <p>8:30 Golf (OR) 9:00 Harley Trip departs 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Bid Euchre</p>	<p>15</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Scrabble 1:00 Flavors of the South Preview 1:00 Sheepshead</p>	<p>16</p> <p>10:00 Indoor Walking 12:30 Mulberry Glen Movie "Kon Tiki" 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess</p>	<p>17</p> <p>9:30 FUNctional Fit 9:30 Computer Tutor 1:00 Watercolor 5:30 Family Fun Night—Big Rig Gig</p>	<p>18</p> <p>12:30 Pickleball (A)</p>
<p>21</p> <p>8:30 Golf (OR) 9:30 Computer Tutor 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Canasta</p> <p>Office closed 1:00</p>	<p>22</p> <p>9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "All is Lost" 1:00 Sheepshead</p> <p>Office closed 1:00</p>	<p>23</p> <p>10:00 Indoor Walking 10:00 Take Your Brain for a Walk 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 1:30 Facebook Intro 3:15 Intermediate Facebook</p>	<p>24</p> <p>8:00 Discover WI departs 9:30 Computer Tutor 9:30 FUNctional Fit 7:00 Family Fun Night—Dr Noize</p>	<p>25</p> <p>12:30 Pickleball (A)</p>
<p>28</p> <p>8:30 Golf (OR) 9:30 Computer Tutor 9:30 FUNctional Fit 12:30 Pickleball (A) 1:00 Mah Jongg 1:00 Bid Euchre</p>	<p>29</p> <p>9:00 Pickleball (A) 9:30 Computer Tutor 12:30 Mulberry Glen Movie "Grand Budapest Hotel" 1:00 Sheepshead</p>	<p>30</p> <p>10:00 Indoor Walking 10:00 Pole Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess 1:00 Morocco Trip Preview 4:30 Mallards trip departs</p>	<p>31</p> <p>9:30 FUNctional Fit 7:00 Concert in the Park—Funky Blue Reaction (L)</p>	<p>1</p> <p>12:30 Pickleball (A)</p> <p>2</p> <p>Main Street Festival</p>

Walworth County Nutrition Menu

July 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Persons 60 and over and their spouses are eligible. Suggested donation is \$3.00. To reserve a meal, call 473-0536, 9:30 to noon or 1-800-365-1587, ext 3333, by noon the day prior. Call the 800 number to cancel meals day of by 8:00 am.</p> <p>7 BBQ Pork Sandwich Hamburger Bun Baked Beans Carrots Chocolate Chip Cookie</p>	<p>1 Scallop. Chick. w/ Mush. Rice Pilaf Sliced Beets Peaches Dinner Roll</p>	<p>2 Beef Stew with Potatoes Cauliflower with Peppers Diced Fruit M&M Cookie Baking Powder Biscuit</p>	<p>3 Quiche with Broccoli Cheesy Potato Casserole Carrots Watermelon Wheat Roll</p>	<p>4 4th of July Dining Centers Closed</p>
<p>14 BBQ Chick. Thigh/Leg Baked Potato Green Beans Fruit Cocktail Wheat Bread</p>	<p>15 Hot Dog Hot Dog Bun Carrots Tossed Salad Jell-O with Fruit</p>	<p>9 Cream of Broccoli Soup 1/2 Turk. Sand. On Wheat Hot Applesauce Mixed Vegetables Chocolate Cake</p>	<p>10 Southwestern Goulash Squash Garden Blend Vegetables Cantaloupe Bread Stick</p>	<p>11 Meatloaf Mashed Potatoes/Gravy California Mix Veggies Tropical Fruit Wheat Bread</p>
<p>21 Turkey and Gravy Mashed Potatoes Carrots Pineapple Tidbits Wheat Bread</p>	<p>22 Hawaii Pork/Brown Rice Broccoli & Cauliflower Diced Pears Sweet & Sour Cabbage Wheat Bread</p>	<p>16 Pasta Caesar Sal. w/Chick. Cantaloupe Coleslaw Snickerdoodle Cookie Wheat Bread</p>	<p>17 Pork Loin w/Mushroom Cream Sauce Parsley Red Potatoes Medit. Blend Veggies Apple Sauce & Roll</p>	<p>18 Swiss Steak Mashed Potatoes Garden Blend Vegetables Apricots & Peaches Wheat Roll</p>
<p>28 Baked Herb Chick. Thighs Mashed Potatoes Carrots Fruit Whip Salad Wheat Roll</p>	<p>29 Italian Wedding Soup Medit. Blend Veggies Brussels Sprouts Cheesecake Bars Wheat Bread</p>	<p>23 Chicken Tetrazzini Sweet Potatoes Mixed Vegetables Melon Mix Dinner Roll</p>	<p>24 Turkey/Cheese Sub with Tomato & lettuce Potato Salad Sliced Peaches Sugar Cookie</p>	<p>25 Breaded Fish Red Potatoes Broccoli Lemon Bars Rye Rolls</p>
<p>For more information about the Nutrition Program – contact the Nutrition Program office at the phone number listed above.</p> 				

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262-473-2259

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Dedicated to Delivery
Catalog Outlet Stores

Senior Citizen Day

The 1st Wednesday of every month is now designated Senior Citizen Day at the Nasco Catalog Outlet and Arts & Crafts Stores!

AS A SENIOR CITIZEN, YOU ARE ELIGIBLE FOR A 15%* STORE DISCOUNT

901 Janesville Ave. • Fort Atkinson
920-568-5600

SERVICES AT A GLANCE

Foot Clinic: Tuesday, July 1,
by Appointments only.
Please bring a towel. \$15.00.

Other Services:

- Free computer/internet access
- A document shredder is available(1-inch stack of documents or less to shred)
- There are books, magazines, and puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.

SENIOR FORUM

Monday, July 7, 12:00 pm

If you would like a voice in how the Senior Center is administered and how we should look in the future, attend a meeting and share your ideas.



TYPO, HUMAN ERROR, WE GOOFED!?

Occasionally, there may be an error in days, times, registration dates, or fees in the newsletter. When such errors occur, we will do everything possible to correct the situation promptly. We thank you for your patience and understanding. **Spot a typo or error and bring it to the office for a treat (the first 5 different errors).**

BINGO

Tuesdays, 10:00 am

July 1: Culver's
July 8: Mulberry Glen
July 22: City Bingo



BINGO SPONSORS

Culver's and Mulberry Glen

CITY BINGO SPONSORS:

Randy's * Topper's Pizza * Rick's * Bergey Jewelry * Headquarters Salon
Floral Villa * Beijing Buffet * Jimmy Johns * Dale's Bootery * Subway
Pizza Hut * First Citizens State Bank * Fort HealthCare* Commercial Bank
Rosa's Pizza * Jessica's Restaurant * Taco Bell * Dalee Water Cond.
Mirage Hair Studio* Dental Perfections* Ketterhagen Ford * Fairhaven
Binning & Dickens Insurance * Rocky Rococo Pizza * McDonald's
Fort Comm. Credit Union * Eastsider/Westsider * Walworth Co. Nutrition

ACTIVITIES AT A GLANCE

Bid Euchre—Mondays 1:00 pm

Bingo—First, Second, and Fourth Tuesdays at 10:00 am

Book Club—First Monday 10:30; Books available at Starin Park

Canasta—First, third, and fifth Mondays 1:00 pm

Chess—Wednesdays, 1:00 pm; Beginners welcome

Dominoes—First Tuesday 11:45 am

'FUN'ctional Fitness—Mon & Thurs. 9:30 am; \$1.00 per class

Golf—8:30 tee times at Oak Ridge, Milton

Ladies Poker—First and third Wednesday at 1:00 pm

Mah Jongg—Mondays, 1:00 pm

Potluck—First Tuesday 11:15 am

Pickleball—Monday, Wednesday, and Friday 12:30-2:30 and Tuesday 9:00-11:00 at the Downtown Armory

Scrabble—First Thursday, 1:00 pm; Third Tuesday, 10:00 am

Sheepshead—Tuesdays, 1:00 pm

Walk Away the Pounds—Indoor walking, Wednesdays, 10:00 am

Zumba Gold ®-Wednesdays 12:45 pm, Downtown Armory. \$40.00 punch card or \$5.00 walk-in. Must be paid for at Starin Park.

DON'T LET FINANCES KEEP YOU FROM PARTICIPATING

Scholarships are available for those who cannot afford the required fees for Seniors in the Park programs. Talk to Deb, if you are interested in applying for scholarship funds.

VOLUNTEER SPOTLIGHT



Eric and Lois Zipp have been volunteering with Seniors in the Park for 25 years.

Eric started the Sheepshead card playing group, stating that 18 years ago people came from all over the area to play. Eric is still running our Sheepshead card group and says he has fun and enjoys participating with Seniors in the Park. Eric also volunteers with any activities that we need assistance with. Eric's other interests are swimming and archery. Eric is 90 years young and served in both World War II and the

Korean Conflict. Eric is retired from the Wisconsin D.N.R., which he enjoyed very much.



Lois loves to share her time and talents with Seniors in the Park. Lois started the Daniel's Sentry Grocery "Funds For Friends" sales slip campaign, which we are very grateful to have and enjoy the benefits it brings to Seniors in the Park. Lois also volunteers with St. John's Evangelical Lutheran Church. Lois's other interests are gardening and swimming. Lois states that it is nice to see the group grow as we age and we can pass the Seniors in the Park onto our new wonderful volunteers, and that the leaders are

ready to listen to new ideas.

Eric and Lois have been married 55 years and have 2 children, 4 grandchildren, and 3 great grandchildren! We want to thank Eric and Lois for all their time and dedication, we appreciate them tremendously!

SHARE YOUR TIME AND TALENTS

2014 Accreditation Assistance—Work Groups are being formed to look at different areas of Accreditation and will meet 2-3 times at your convenience. Most groups will tweak what is already in place. Work groups include:

- Purpose and Mission
- Advocacy and Partners
- Public Info/PR/Marketing
- Community Planning
- Programs and Evaluation
- Facility and Safety
- Volunteers
- Policies and Procedures.

You all have talents and knowledge, and I'm hoping you are willing to share yours with us.

Register for trips and classes online at home:
schedulesplus.com/wwtr/kiosk

THANK YOU TO....

- * **Roger Provenzano** for Bingo prizes.
- * **Kathy Ponyiscanyi** for entering the monthly pickleball attendance.
- * **Mark Dorn** for proofing the newsletter

WELCOME



New van drivers **Gary Kiger** and **Bill McCormick**.

COMING IN AUGUST

Patti and I will be working in July to implement your ability to make online payments or have money on account for classes like FUNCTIONal Fitness. This will allow you to register for more trips and activities from home. Stay tuned as we work out the bugs to bring this new convenience to you!

Please cut out this
"Thank You Coupon"
and present it the next time you
Patronize one of our Advertisers

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THANK YOU for Advertising
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FARMER'S MARKET PROGRAM

The Senior Farmer's Market Program is being offered to qualified seniors in Walworth County.



This program will provide \$25.00, per household, in vouchers to be used at approved vendors throughout the county for fresh fruits and vegetables this summer.

- * Individuals must be **60+ and** meet household income limits:
Single \$21,590/year or \$1800/month
Couple: \$29,101/year or \$2,426/month
- * Vouchers must be picked up in person, seniors may also send a proxy.
- * Vouchers will be distributed on a first-come, first-serve basis.
- * Distribution location for Whitewater will be the Starin Park Community Building, 504 W. Starin Rd, Tuesday, **July 1, 10:30 am—12 pm.**

Proxy Information: A proxy must represent no more than 4 seniors. The senior must send a note of permission: I, *Senior's name*, give *proxy name*, permission to pick up Senior Farmer's Market Voucher for me.

Proxy must have the following information:

1. Senior's first and last name.
2. Senior's address and telephone
3. Senior's date of birth (M/D/Y)

For more information, call the Nutrition Program, (262) 741-3157. **Do not** call the distribution location.

NATURELAND PARK WALK

Wednesday July 2, 9:00 am

Meet at the Natureland open shelter and hear a talk from a county arborist about managing the trees, then take a walk on one of the four trails. If people want to bring a snack to share, that'd be great. Kettle Moraine Land Trust will supply bottled water. The purpose of the walk is for people to learn more about the park, but also for us to find out how they use it and what they know!

FRAN ACHEN PHOTOGRAPHY COMPETITION EXHIBITION



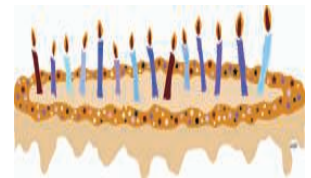
July 5-27

Cultural Arts Center, 402 W. Main St.

The opening reception will be Sunday, July 13 from 1:00—4:00 pm, and awards will be presented at 2:00 pm.

HAPPY JULY BIRTHDAYS TO:

- 9 **Mary Lou Rossini**
- 16 **Henry Malo**
- 24 **Eric Zipp**
- 24 **Terry Williams**
- 27 **Harold Holst**
- 31 **Eleanor Reeb**



If you want to be on our birthday list, let Deb or Susan know your birth month and day and correct spelling of your name, and you can be in the newsletter, too!

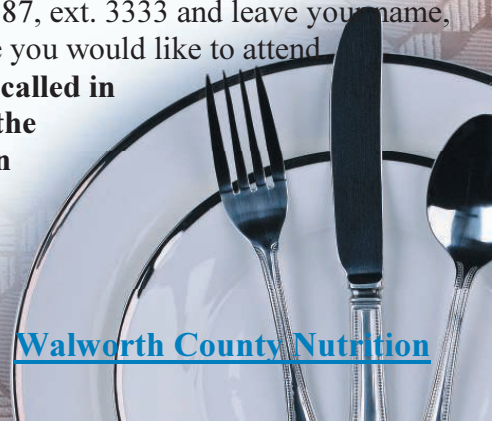
GET OUT OF THE KITCHEN

Too Hot to cook? Looking for a cool summer salad for lunch? Don't want to eat alone again? Let the Walworth County Nutrition Site solve your 'problems'. Grilled Raspberry Chicken, Pasta Caesar Salad, Great Subs and Chicken Waldorf Salad are just a few of the tempting, tasty meals offered at the Nutrition Site. The suggested donation of \$3.00 is anonymous, so a donation of any amount, or nothing, is acceptable. Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday—Friday. The Nutrition Program will be at Brookdale on Wednesdays and Fridays, except the third Friday. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587, ext. 3333 and leave your name, phone, and the meal site you would like to attend.

Cancellations must be called in no later than 8:00 am the day of your reservation or the night before.

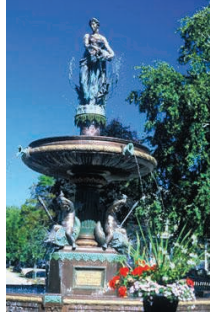
Please call the Nutrition office at **262-741-3333** and leave your message.

[Walworth County Nutrition](http://WalworthCountyNutrition.com)



SAVORY SOUNDS SERIES

The Whitewater Arts Alliance will present a *Savory Sounds Concert Series* at the Birge Fountain in front of the Cultural Arts Center, 402 West Main Street, from 11:30 a.m. to 12:45 p.m. from June 19 to July 24. Attendees may bring their own lunch or order lunch from participating vendors while they enjoy music.



June 26: The Giving Combo (Bass, Sax and drums); Subway is lunch vendor

July 10: Brothers Quinn; La Preferida is lunch vendor.

July 17: Whiskey Doubles; Black Sheep is lunch vendor.

July 24: Looper's Blues Duo; Rocky Rococo is lunch vendor.

"GET OUT" TO THE SUMMER CONCERTS IN THE PARK & FAMILY FUN NIGHTS

Free at Cravath Lakefront Park

June 26 Palmyra-Eagle Community Band, 7:00 pm

This 30-member band presents a wide range of music, including marches, show tunes, golden oldies and themed shows.

July 10 The Dang Its", 7:00 pm

This "Atmospheric" band plays all-country stories to jazzy, western swing jump tunes to whisper-quiet ballads with clear vocal harmonies.



July 17 Big Rig Gig & Bounce, 5:30-7:00 pm

Bouncy houses, snowplows, loaders, tractors, semi's, fire trucks and more.

July 24 Dr. Noize, 7:00 pm

An interactive show that inspires kids and adventurous adults to live lives of character.

July 31 Funky Blue Reaction, 7:00 pm

SPONSORED BY SENIORS IN THE PARK

Band of Misfits playing Rockin' Music from the 50's, 60's, 70's and more.

Aug. 14 Messy Fest, 7:00 pm

Kids wear old clothes to paint with their feet, enter a pool of unknown goop, and many more exciting surprises.

Aug. 21 Piper Road Spring Band, 7:00 pm

This band was born in the age of rock & roll with individual backgrounds as diverse as classical, cowboy, folk, blues, and Dixieland.

PARKS & RECREATION

WWPARKS.ORG

ATTRACTION TICKETS

Discounted tickets to the Milwaukee Zoo, Mt. Olympus (Wis. Dells), Noah's Ark (Wis. Dells), and Six Flags Great America & Hurricane Harbor are available for purchase at the Municipal Center, 1st floor, Finance window, between 8:00 am—4:30 pm, Monday through Friday. Tickets are available now to August 29. Payment can be made by credit card, cash, or check. Savings can be found in the Recreation brochure or on line at wwparks.org.

MAIN ST. FESTIVAL

Saturday, August 2

Hands-on art activities, great sales in local stores, music, taste local foods and many events all day long. For more info and to register, visit

www.wwmsfestival.blogspot.com.

SUMMER DANCE PERFORMANCE

Saturday, August 2, 12:30-1:30 pm

Main Street

The Whitewater Parks & Recreation Dance Program shows off their new moves. For more info, visit

www.wwmsfestival.blogspot.com.

NATIONAL NIGHT OUT

Tuesday, August 5:00-8:00 pm

Cravath Lakefront Park

Continuing to foster our community building campaign to: 1) Heighten crime prevention awareness; 2) Generate support for, and participation in, local anticrime programs, 3) Strengthen neighborhood spirit and police-community partnerships; and 4) Send a message to criminals letting them know that neighborhoods are organized and fighting back.

Seniors in the Park

PO Box 178
Whitewater WI 53190



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SENIORS IN THE PARK



504 W Starin Rd, PO Box 178
Whitewater WI 53190

Phone 262-473-0535
Fax 262-473-0537
Nutrition Site 262-473-0536
Hours....Mon-Thurs, 9:00 am-4:00 pm

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Recreation & Community

Events Coordinator

Michelle Dujardin, CPRP

Sports Coordinator

Abby Schultz

Websites: www.whitewater-wi.gov
www.wwparks.org

*Seniors in the Park is a division of
Whitewater Parks and Recreation*

NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to www.whitewater-wi.gov, click on Departments, then Seniors in the Park or www.whitewaterbanner.com and look for the link in the left column or www.seekandfind.com. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and other businesses in Whitewater.

Name _____

E-Mail _____

Address _____
